



5 FUNDAMENTALS

FUNDAMENTAL 1:

Eat breakfast within 1 hour of waking and continue to eat every 2-3 hours during the day...

It's true that breakfast is the most important meal of the day. Consuming a balanced breakfast helps to regulate your blood sugar levels and keep you feeling fuller for longer. When you skip breakfast your blood sugar levels drop. When this happens, you are more likely to consume higher glycaemic carbohydrates (sugar) throughout the day. This perpetuates the blood sugar highs and lows causing you to crave more sugar and thus, gain more weight.

Consuming a meal or a snack every 3-4 hours is the best way to stimulate your metabolism and balance your blood sugar while maintaining your lean mass and reducing food cravings.

FUNDAMENTAL 2

Consume vegetables and/or fruits with all meals and snacks...

Vegetables are generally unlimited so fill up on them. They are high in fibre, low calorie and nutrient dense. The more colourfully, the better. Eat a rainbow on every plate!

FUNDAMENTAL 3

Consume very lean protein choices...

Protein is essential for stimulating your metabolism, maintaining and building lean muscle, and helping to keep you feeling full and alert. Protein is not just limited to lunch or dinner. You can also have a protein as a snack if that suits you better. You always want to choose "very lean" or "lean" proteins.

FUNDAMENTAL 4:

Include healthy fats daily...

The type of fat you choose is extremely important. Fat is in fact one of the Big 3 Macronutrients and therefore an essential part of our daily diet! You want a balance between saturated, monounsaturated and polyunsaturated fats. When properly balanced with the other types of fats, saturated fat isn't the evil it's made out to be.

FUNDAMENTAL 5:

Schedule 2-3 hours per week for food planning and preparation...

Everyone is busy and the "I have no time" excuse is one we hear time and time again; it's probably the main reason most people don't achieve their goals. In order to be successful and change your lifestyle habits you need to make food planning and preparation a top priority. If you do not schedule your snack/meal time by actually marking it on your schedule it will most likely not get done. How can something be a priority if it is not included in your schedule? Starting a Sunday Night ritual is a great way to prep for the week ahead.

